

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			3 oz Hamburger Patty w/ Lettuce, Tomato, Onion Ketchup/Mustard/Mayo 1 WG Bun ½ c Coleslaw ½ c Tater Tots w/ Ketchup ½ c Pears 1 c Milk	Chicken and Waffles (2 oz WG waffle, 3 oz chicken tender) ½ c Honey Roasted Carrots ½ c Breakfast Hashbrowns ½ c Blueberries 1 c Milk
5	6	7	8	9
1.5 c Chicken Tikka Masla 3 oz chicken, 2 oz tikka sauce 1 c Basmati Rice ½ c Sautéed Spinach ½ c Ginger Cauliflower ½ c Mandarin Orange 1 c Milk	3 oz Beef Pot Roast w/ au jus sauce 2 oz Cornbread ½ c Broccoli ½ c Scalloped Potatoes ½ c Pineapple 1 c Milk	2 c Chicken Spinach Alfredo Bake (3 oz M/MA, 1 oz grain) 1 oz WG Biscuit w Butter ½ c Roasted beets ½ c Italian Vegetables ½ c Strawberries 1 c Milk	3 oz Oven Roasted Haddock ½ c WG Quinoa 1 oz Dinner Roll w Butter ½ c Baked Beans ½ c Kale ¾ c Cherries 1 c Milk	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 c Broccoli & Cauliflower ½ c Tangerine 1 c Milk
12	13	14	15	16
Chinese Style Vegetables w/ Teriyaki Salmon (3 oz M/MA, 1 oz veg.) 2 oz Brown Rice ½ c Sautéed Spinach ½ c Edamame ½ c Mandarin Oranges 1 c Milk	2 Oven Fried Chicken Legs 2 oz WG Corn Muffin w Butter ½ c Kale Side Salad w/ Ranch ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk	#12 scoop Korean Beef Over Jasmine Rice 3 ounce eq. M/MA and 1.25 ounce eq. Grain ½ c Jasmine Rice 1 WG Roll w/ butter 1 c Garlic Seasoned Green Beans 1 Mango 1 c Milk	3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Stir Fry Vegetables (Broccoli, Green beans, Mushrooms, peppers) ½ c Cauliflower ½ c Blueberries 1 c Milk	1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c noodles 7.1 oz ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Grapes 1 c Milk
19	20	21	22	23
2 c Chicken Spaghetti (3 oz MMA/2 oz grain) ½ c Lima Beans ½ c Spinach ½ c Apricot 1 c Milk	1.5 c Beef Tamale Pie with 2 oz Cornbread Topping 3 oz m/ma, 2 oz grain eq. ¾ c vegt ½ c Refried Beans ½ c Dole Peaches 1 c Milk	1.5 c Hawaiian Chicken Coconut Rice 3oz M/MA, ¼ c fruit, 1.25 oz grain 1 oz WG Pita ½ c Edamame ½ c Broccoli ½ c Watermelon 1 c Milk	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w/ butter ½ c Pepper Strips ½ c 4-way vegetable mix ½ c Berries 1 c Milk	3 oz Baked Cajun Fish (3 oz m/ma) ½ c Mushroom Rice Pilaf WG 1 WG Dinner Roll ½ c Collard Greens ½ c Honey Glazed Carrots ½ c Strawberries 1 c Milk

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3 oz Grilled Pollock
~~1/2 c Red Roasted Potatoes Wedges~~
 2oz WG Bun
 1/2 c Steamed Kale
 1/2 c Carrots
 1/2 c Blueberry Cobbler
 1 c Milk

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1.5 c Spaghetti & Meat Sauce
 3 oz *m/ma*, 1.5 oz *grain*
 1/2 c Broccoli
 1/2 c Sauteed Summer Squash
 1/2 c Tangerine
 1 oz WG Roll w/ butter
 1 c Milk

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Creamy Chicken Enchiladas 2 oz
m/ma, 2 oz *grain eq. WG Tortilla*
~~1/2 c Refried Beans (1 *m/ma*)~~
 1/2 c Sauteed Mushrooms w/ onions
 1/2 c Cauliflower
 1/2 c Banana
 1 c Milk

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3 oz Hamburger Patty w/ Lettuce, Tomato,
 Onion
 Ketchup/Mustard/Mayo
 1 WG Bun
 1/2 c Coleslaw
 1/2 c Tater Tots w/ Ketchup
 1/2 c Pears
 1 c Milk

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Chicken and Waffles (2 oz WG waffle,
 3 oz chicken tender)
 1/2 c Honey Roasted Carrots
~~1/2 c Breakfast Hashbrowns~~
 1/2 c Blueberries
 1 c Milk